

HEALING & RECLAIMING



Build a Sensory Rest Menu That Fits Your Actual Home



A PRACTICAL COMPANION TO THE GUIDE

Create a personal menu of brief sensory changes for noisy, bright, or crowded days, with safety checks, household adaptations, and a printable observation workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

Map the difficult input

Choose one recent moment and describe the sound, light, texture, movement, or closeness that was hard to tolerate. Record the location and activity without ranking your whole day. Distinguish the input from the responsibility you still need to meet. This helps you remove something unnecessary while preserving the information and attention required for the task.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Try a reduce option

Choose one input you can lower or remove without creating a safety problem. Write the exact adjustment and its duration. Include what must remain audible or visible. If reduction is unavailable, mark that honestly. A menu should reflect your circumstances rather than imply you have privacy, equipment, or supervision that your home cannot currently provide.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03



Try a replace option

Identify an alternative texture, seat, light source, or sound arrangement using something you already have. Note why it may fit better. Try it briefly and preserve an easy way to stop. Record discomfort as useful information. You are selecting a preference, not proving that a recommended tool works or that you are responding to it correctly.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 04

Define a short pause

Choose an optional demand you can pause and an interval you can actually protect. Name any coordination required with another adult. Write the action that ends the pause so you can return without another decision. Keep the pause simple enough that setting it up does not take more effort than the change is worth.

YOUR WORKING RECORD

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EXERCISE 05



Plan for a shared room

List one household preference that differs from yours. Find a local adjustment that serves both needs, such as task lighting or moving seats. Write a clear request and a fallback if the request cannot work. Avoid framing a sensory preference as a moral failure in another person. The aim is workable coordination, not uniformity across the household.

YOUR WORKING RECORD

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EXERCISE 06

Keep only useful choices

Record whether each trial helped, had no clear effect, or made the situation harder. Select three options you would use again and write an alternative for each. Include the setting where it is appropriate. Review the list after a week and remove anything you cannot access safely or that creates more setup work than practical relief.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE
